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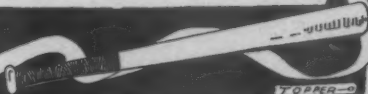
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THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, Editor

VOLUME IV

MAY, 1924

NUMBER 9

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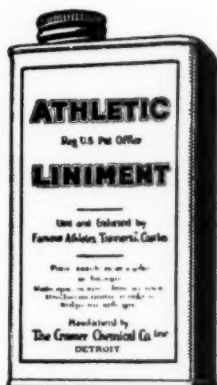
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The ATHLETIC JOURNAL

VOL. IV

CHICAGO, ILLINOIS

No. 9

SPRINTING

By

Archie Hahn

Mr. Hahn is the holder of many records in track and has had eighteen years experience in coaching. He holds the world's record for the 75-yard dash, and for the 220 on a curved track, and was formerly the world's record holder for the 40, 50, and 60-yard dashes. Mr. Hahn represented the United States in the Olympic Games of 1904 and of 1906 and still holds the Olympic record for the 60 meter and 200 meter races. In 1903 and 1905 he was the American and Canadian A. A. U. champion sprinter. Since 1908 Mr. Hahn has been coaching and training athletes with success. He has coached at the Pacific University, Forest Grove, Oregon; at Monmouth College, Monmouth, Illinois; at Whitman College, Walla Walla, Washington; at Brown University; and for two years was trainer of the football team and freshman track coach at Michigan. At the present he is assistant track coach at Princeton University.—EDITOR'S NOTE.



Sprint races are for any distance up to and including two hundred and twenty yards. The shorter the distance the athlete is required to run, the more emphasis should be placed on starting.

Type of man for sprinting. There is no particular type or build for sprinters as there have been successful sprinters who have been big men, some have been short and stocky, and some have been medium sized and slender. Most of the one hundred yard champions, however, have been small or medium sized men, but invariably they have been stockily built. The reason why the champions at the shorter distance have generally not been big men is that small men usually can get into their running stride more quickly than can the larger men. The latter may have just as much speed as the others when they get into full running stride, but they are not so fast off their marks. The

larger men very often make good two hundred and twenty yard runners. My advice to the coach would be not to look for any particular type of man for the sprints, but to search for the man who has natural speed irrespective of his size or build. Sprinters are born and not made; good sprinters have the nat-



Archie Hahn illustrating the position of a sprinter on his marks.

ural nervous energy and coaches teach them how to make use of this energy.

Different styles used in sprinting. The big sprinters are inclined to make use of the full length of their

limbs in striding while the smaller runners must have good knee action and not so much hip action. The small man also uses more of a rebound than the big man. The former should be taught to run from his hips as much as possible as this will give him more power and will also tend to lengthen his stride. High knee action is essential and it will be noted that most champions have knee action that is comparable to that of a trotting horse. If one will watch the front legs of a trotting horse when he is traveling at full speed, one will understand what is meant by knee action. It is well to over-emphasize the action of the knees when teaching beginners the form in running. A great deal along this line may be accomplished by having the men practice stationary running.



Note the position of the head, back, legs, feet and arms when the command "get set" is executed.

The starting position "On the marks." In the descriptive matter which follows it will be assumed that the athlete starts with his left foot forward. If he starts with his right foot forward, the instructions should be reversed. In this connection it may be said, a sprinter should start with the foot forward that seems natural to him. The coach should teach the theory of starting when the men first report, but the

movements should at the first be executed very slowly—in fact, the men should practically walk through the first four steps off the mark. Form in running should also be taught from the first, but the men should not move faster than a very slow jog. The earlier the form off the mark, the theory of running and the form in running are taught, the better it is. For the first ten days, the men should be taught to jog, with their bodies, legs, arms and heads carried in sprint form position but should not be permitted to work faster than a jog. Where the front hole should be dug depends on the size of the man and the length of his arms. Usually it will be from six to eight inches back of the starting line. The starter should be careful to see that the sprinter's hands are not ahead of the line. The holes should be dug crosswise and rather deep. The back wall of the hole should slant slightly backward. The rear hole should be placed far enough back of the starting mark so that the knee on the ground will be even with the instep of the front foot. The hands should be on the mark with the thumbs turned in and with the fingers together and pointing out. The hand forms a sort of tripod with the thumb and first finger on the line. The weight rests on the thumb and fingers. When the sprinter has taken his position his eyes should be centered on a spot about ten feet ahead. The legs and body should be relaxed physically, but the sprinter should be mentally tense. The athlete when in position should lean well forward. He should be careful not to be over-balanced and should maintain control of his body. The weight should be on the forward leg and the two arms. When the command "Get set" is given, he should raise his back and no further forward motion will be necessary. When the sprinter is on his marks with

his right knee resting on the ground, there will be about three inches between his left foot and his right knee. When in this position the arms should be straight and not bent at the elbows; the hands should be placed so that the distance between them will be equal to the width of the shoulders. The right foot will be directly in line with the right knee.

Get set. When the second command is given, the sprinter should raise his back by straightening his back leg until the line of the back will not be higher than the shoulders. The angle of the back line, if anything, should possibly be slightly to the rear. When these movements have been executed, the right knee will have been raised slightly above the height of the left ankle. The eyes of the athlete as in the position on the marks should be looking about ten feet down the track. The sprinter should breathe naturally and should not attempt to hold his breath. It is a good idea to take a few deep breaths before getting on the marks. When the pistol is fired, the athlete should forget his rear leg, that is, he should not attempt to push off with that leg and foot. The first step out of the holes is a natural one, the foot should be kept close to the ground and the body should move forward with the step. This first step with the rear foot should extend about three feet beyond the starting line. It should not be a jab step and at no time should the foot be more than six inches off the ground. One way of expressing this is to suggest that the athlete should not jump out of his marks. When the start is made, the right foot and the left arm move forward together. The left arm is swung straight ahead, possibly a little toward the median line of the body and is slightly flexed at the end of the swing. The right arm is straight back and this also is slightly flexed as the swing

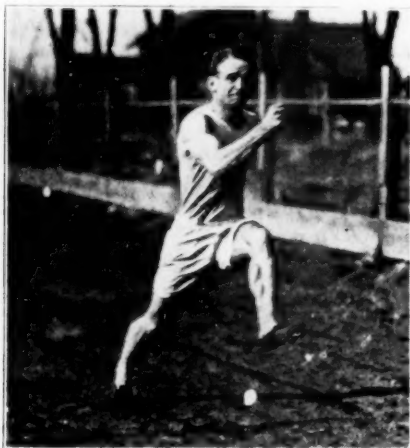
is completed. The sprinter should put lots of snap into his arm action. The hands should be closed and not held wide open. The athlete should keep a low position for three or four strides. Particular stress should be placed on this matter by the coach at all times. In taking the first four strides the runner should not chop his strides, but should reach out naturally. Plenty



The first step with the rear foot is executed at the same time that the left arm swings forward.

of snap and power should be put into these first strides, but care must be exercised to insure that the steps will be natural ones and that they are not shortened. In these first steps the body should be over the legs and the eyes should be looking ahead and not down. The sprinter should really shoot out of his holes and then gradually rise so that he will be in a running position at about ten yards from the starting mark. When he follows these instructions his body will describe a line that will resemble an inclined plane from the position which he assumed on the mark to the position in which he will be when in full stride. When a sprinter starts in the manner just described, it will be found that he will take about three strides to the four that will be taken by a man who uses a jab

start. If a sprinter uses the jab start and straightens up on the first or second step, he will find his speed thereby retarded. If a man jumps out of his holes on the first step he will lose time. A diagram of the



Note the high knee action when the sprinter is in full stride.

line made by the sprinter's head from the start will show that the man who jumps out of his holes describes a curved line with his head while the other describes a straight line. The straight line is shorter than the curved line. The first four steps will be about as follows—the first step will be two or three feet in length, the second will be six to twelve inches longer than the first, the third six to twelve inches longer than the second, and the fourth will be about six to twelve inches more than the third. After the fourth step, the sprinter should have gotten his normal stride. If the runner experiences difficulty in starting it may be that the holes were not properly placed. In this case, he should experiment by lengthening or shortening the distance between the holes or by moving the front hole closer or farther away from the starting line. Two or three inches difference in the position of the feet sometimes means

a difference of two or three feet in the running of twenty yards. When the right distance between the feet and the distance from the mark is found, the sprinter should measure the distances and then should always use the same starting marks.

Sprinting form. In securing the sprinting form, the body should be upright and should not be inclined forward at the hips. There may be a slight bending of the upper body forward. The shoulders should be held in more of a "round shouldered" position than they are when the individual is walking. The hips should be relaxed. To obtain this position, the athlete should stand erect with his feet in a natural position. He should then drop his hips as if about to assume a sitting position. He should allow his knees to relax and to bend slightly. The position of the shoulders will be as described in the foregoing paragraph, the head held naturally and inclined forward slightly.

In running the legs should be brought forward in a straight line, the knees raised high and the foot should point straight ahead, neither out nor in. If the runner is inclined to run with his toes out, he should practice running pigeon toed for a while as this will usually correct the fault. The heels should move forward in as straight a line as possible. In other words, the runner should not "kick up behind." Just before the rear leg leaves the ground preparatory to coming forward in the next stride, it should be straight with the foot fully extended and the runner should be high on his toes. All sprint running is done high on the toes. When in full stride with the knees raised high, the sprinter should give the appearance of reaching out with his front foot. The strides should be equal in length, otherwise the runner will appear to be galloping. Every man should learn to run in a straight

line and to look straight ahead and not at the other runners. Many sprinters have the bad habit of glancing across the track just before the finish line is reached. This results in the loss of many races because it causes the runners in question to cut their strides and thus lose speed. Care should be taken that the head will neither be lowered too much or thrown high in the air. As soon as a runner throws his head back, he shortens his stride.

The arms should neither be bent too much nor held too straight. If they are held at an angle of about 45 degrees, it will be right for most men. All arm action in sprinting should be from the shoulder. That is, the arms should not be swung back and forth at the elbow. When the sprinter leaves his marks at the end of the first swing of the arms, the hands are closed. The back of the hand should be held toward the outside. In other words, the wrist should not be turned out nor in, but held in a natural position.

Finish of the race. The throw at the finish. I believe that the following method of finishing a race is better than the jump finish which is used by many sprinters. The form which I favor consists of a straight ahead thrust or throw and is made when the runner is from three to six feet from the tape. If this throw is timed and executed properly it will give the runner an advantage of from six inches to one foot over the man who runs through the finish. This method of finishing is hard to explain but I will try to tell how it is done. It must be remembered that the finish consists of a thrusting forward of the chest with the full force of the body and legs behind it. The sprinter should learn to drive off of either leg as it may be either leg will be the one from which the drive will come. That is, it is impossible to estimate just how many steps a man will take in running one hundred yards,

as this is affected by weather conditions, the condition of the track and the man's own condition. As the chest is thrust forward the arms are raised over the tape in such a manner as to make it appear as if both came forward at the same time. However, the arm on the side of the foot which is on the ground is thrown forward first and this is followed immediately by the other arm. The best way for a sprinter to practice the throw at the finish is to have some one stand three or four yards in front of him. This man should extend his arms to the front and hold them so that each hand will be at the height of the runner's shoulders. Next, have



This illustrates Mr. Hahn's idea of a "chuck" for the tape.

the athlete walk up to this man and throw himself forward from a distance of three or four feet. The runner's arms should be raised so that they will pass outside of the other's shoulders and your shoulders should come in contact with his outstretched hands. The sprinter should not stop when he meets this opposition, but should keep right on walking when against the other's

(Continued on page 46)

THE FORM OVER THE HURDLES

BY
JOHN L. GRIFFITH

This article is written for the purpose of discussing one phase of hurdling—the form over the hurdle. The last decade brought in a new crop of champions—Simpson, Thomson and Brookins and with them styles in hurdling have been changed. While it is true that there is no one form that is right and others wrong for all athletes in any given event, yet in most things there is an accepted standard. This standard is set by the best authorities or track coaches. For instance, a few years ago nearly everyone believed that it was proper for a high hurdler to bend his front leg to the side in clearing the hurdle. Today there is not a hurdler of note who uses this form. The following points may be considered in a study of the form a hurdler should follow in clearing a three-foot six-inch hurdle.

1. Relaxation. Almost all of the great athletes appear to make their effort easily. This applies to golf, baseball, running and everything else in athletics. In fact it is often true that an athlete is successful because he has learned to put the shot, bat, drop kick, throw or what not when his

muscles are relaxed. Sprinters and hurdlers cannot relax so much as athletes in other events in their races but the hurdler who can relax just enough when clearing the barrier has an advantage over the man who tightens or sets his muscles when in the air.

2. The Front Leg. The best high hurdlers clear the hurdle



ILLUSTRATION No. 2

with the heel of the front foot next to the top of the hurdle and the toe pointing up and forward. The position of the foot as it is advanced over the hurdle is very similar in both high and low hurdling. Illustration 1 shows Thomson with his foot raised in clearing the obstacle and Illustration 2 is of Brookins who is taking the low barrier in stride. Illustration 3 shows four English hurdlers in the Oxford University Games taking the high hurdles. Note that none of these men turn their first foot to the side in going over the obstacle.

3. The rear leg. The rear leg should be dragged a bit in clear-

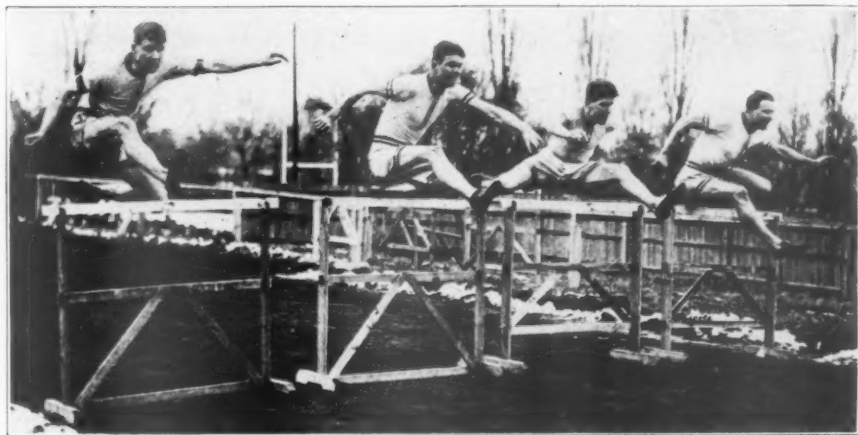


ILLUSTRATION No. 1

ing the hurdle. Another way of expressing this is to say that the legs should be straddled or spread. If the hurdler pulls his back leg up under him when he is in the air, he will sail over the hurdle and further this will indi-

most straight ahead and the other almost straight behind at the moment of taking the hurdle.

4. The dip. When the athlete is going over the hurdle he should bend his body forward at the hips. It is a mistake to lower the

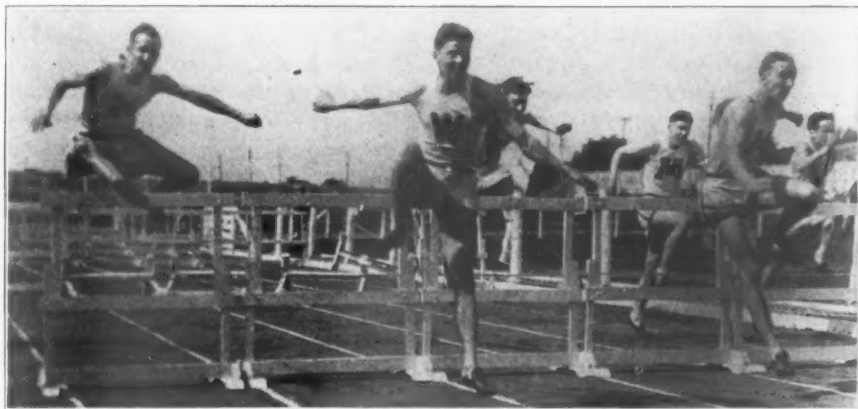


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ILLUSTRATION No. 3

cate that he has jumped rather than stepped over the top of the obstacle. The athlete in lane three from the left in Illustration 3 shows this matter very well. Note that his rear leg is behind the body and is turned to the right to

head only. Further, the body should not be turned to the side but kept straight ahead. If the dip is properly executed, the hurdler's head will be little if any higher when he is in the air than it is when he sprints. This dip is



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ILLUSTRATION No. 4

permit of a safe clearance. Thomson and Simpson both spread their legs until one leg was al-

of value in enabling the hurdler to get his foot on the track again quickly. Where the athlete does

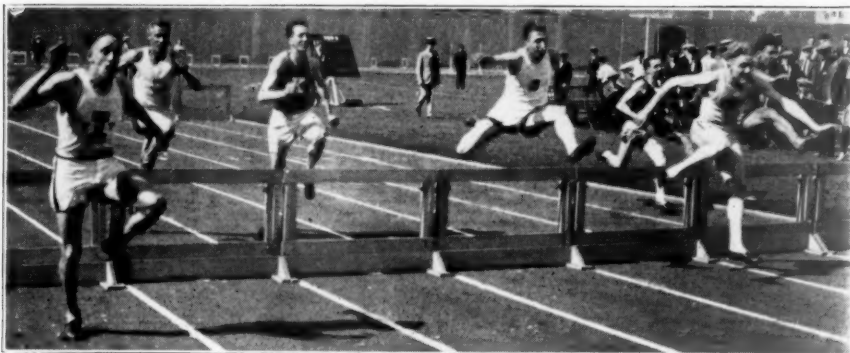
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ILLUSTRATION No. 5

not bend forward in the manner just described, the chances are that he will sail over the hurdle. The dip should be so pronounced that the athlete will be leaning forward at the moment when he lands on the other side of the hurdle. In Illustration 3 note that all of the athletes have dipped forward from the hips. The man in the third lane from the left has the best lay out.

5. The Snap Down. One of the most important factors in successful hurdling is the quick snap down of the athlete's leg at the moment of landing. In the old days hurdlers purposely sailed over the barriers but it is now believed that the best results are obtained, other things being equal, by the men who are off the ground the shortest length of time. The snap down is accomplished by chopping the front foot down at the same moment that the rear leg is jerked forward. As previously suggested, if the athlete throws his body forward this will also aid him in getting into his stride quickly. Illustration 4 shows Knollin of Wisconsin in the second lane from the left at the moment of landing. Note that his landing foot is not being chopped down but is reaching out. If he had leaned his body

forward more, his foot would have come down more quickly.

6. The next step. In Illustration 4 both Knollin of Wisconsin in lane two from the left and Anderson of Minnesota who is in lane four from the left have their rear knees well raised. This will enable each to take a full stride forward and is desirable. In Illustration 5, Brookins of Iowa in lane one from the left is swinging his rear leg forward for the next stride. While this leg is not raised so high in low hurdling as in the other events it is a point to be considered if the athlete would accomplish a long first stride.

7. The Arms. Simpson and Thomson each throw both arms forward as the hurdle is cleared. The right arm and left leg are stretched well forward and the left arm is forward but back a bit. This is sometimes called the short arm. The movements of the short arm help in accomplishing a quick snap-down. When the arms are held high and out to the side, the hurdler has a tendency to sail. Some very good hurdlers do not throw their arms forward with the stretching motion that Simpson and Thomson employ. In fact short men as a rule would find it disastrous if they tried to do so.

THE REQUISITES OF A GOOD PITCHER

By

W. G. Morrison

Mr. Morrison was graduated from West Virginia Wesleyan College in 1917. He won letters in all four sports and was the first man to win four letters at his college in one year. He served for eighteen months as an officer in the Field Artillery. He was Athletic Director at Moundsville, West Virginia, High School, at Bloomington, Illinois, High School and now is director at Main Avenue High School, San Antonio. He played in the Three Eye League 1919-22 and was sold to the New York Giants in the fall of 1922.—Editor's Note.

A person to have any success in pitching should have control, a delivery that will not tip off his intentions, a fast ball, a curve, and a change of pace.

Control

All of these are requisites of a winning pitcher, and of the list named, control, one of the most essential, is perhaps the most neglected. Some pitchers think if they have a good fast ball, a fast breaking curve and a change of pace they can win. They may win on the lots, but when these pitch-

center of the plate, as most every batter can hit a ball there, but he should be able to pitch high or low, inside or outside, according to the weakness of the hitter. In practicing for control he should first acquire a natural easy swing in delivering the ball, and should use a windup, so that when the



Illustration No. 1
THE FAST BALL

ers go against college, university, or professional teams where the batters make them pitch, they may have trouble because they cannot put the ball where they want it. A pitcher should practice until he can put every pitch where he wants it. He should not be content to put it over the



Illustration No. 2
THE CURVE BALL

ball is released he is throwing not alone with his arm but with his whole body back of the throw. If the big muscles of the body are used much of the strain is taken off of the arm, and the player can get "more on the ball."

Delivery

In delivering the ball to the plate with no one on a base, both feet should be in contact with the rubber in the pitcher's box. The majority of pitchers today usually

keep one foot advanced a little more than the other. The right handed pitcher should stand with the heel of his right foot and the toe of his left in contact with the rubber. From this position he should bring his right arm straight up in front and back to the rear, executing a full-armed circle. As the arm is brought back over the shoulder after completing the circle the body should be turned to the right, the right hand to the rear, the left hand either out in front or to the rear to help conceal the ball, and the left leg out in front of the body. He



Illustration No. 3
THE CHANGE OF PACE

should keep balanced on the right foot. He should go forward with the whole body, stepping out straight towards the batter with the left foot. As the left foot strikes the ground, and with the right hand forward, he should release the ball with all the weight of the body back of the pitch. During all this movement, he should not remove his eyes from the batter. I know of one professional pitcher, who, during the 1923 season was having great difficulty in winning. In every game in which he participated, he would give a large number of bases on balls. He could not imagine the

cause of this wildness. It was very noticeable, however, that in making his wind-up, he would always look down at the ground and when he looked up could not locate the home plate quickly enough. When corrected of this fault he became a very successful pitcher and this spring is again in training with an American League club.

With runners on the bases, the pitcher can not take his long wind-up and a new problem presents itself. He must get the ball away to the plate quickly, at the same time not allowing the baserunners to get a big lead. The right foot should be in front of the rubber and against it while the left foot should be about two feet in front toward home plate. The body will be turned toward third base. The ball should be held by both hands, in front of the body and perhaps best against it about even with the letters. He should face the batter, but from this position he should be able also to glance to first base and see the runner. In delivering the ball, the right arm should be brought back and thrust forward quickly, releasing the ball to the catcher. The left foot should be raised and placed about fifteen inches to the front, and the right leg should be swung around to the front so that when the ball has been delivered, the pitcher will be turned straight toward the batter, but balanced to go either way to field the ball or cover a base. From this position in the pitcher's box, the player should also practice throwing to first base. He should keep in mind that he must step toward that base as he throws. He should take a short arm movement, stepping and throwing at the same instant. He should work constantly until he gets a good movement to first base. He should

not let the base runner sneak off and get a running start on him. It is not always the fault of the catcher that men steal so many bases; but often it is the fault of the pitcher, who allows them to get such a big lead.

The Fast Ball and How to Throw It

The fast ball is used so much oftener than any other that the pitcher should have almost perfect control of it. He should hold the ball with the thumb underneath so that the first two fingers are across the seams at the point where these seams are closest together. The fast ball may be thrown with an overhand, side-arm, or underhand delivery, al-



Illustration No. 4
POSITION OF A PITCHER

though it is well to use all of these. In all of these deliveries the first two fingers should be the

last to leave the ball, thus giving the rotation to the ball. In the overhand delivery, the ball will be on a downward plane and will "jump" just before it gets to the



THE FINISH OF THE DELIVERY

batter. This "jump" or "hop" is caused by the rotation. In this case the ball seems to "hop" upward. In the sidearm delivery the ball should be brought straight around from the side instead of overhead. Just before it reaches the batter it will "hop" in towards him. In the underhand delivery, the arm should be brought up as though the ball is coming out of the ground. The ball just before reaching the batter will sink. This delivery is much less used than the two named above.

The Curve Ball

In the curve ball, the second finger and thumb should be on

(Continued on page 44)

The ATHLETIC JOURNAL

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JOHN L. GRIFFITH, Editor

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THE CHARGES AGAINST ATHLETICS

Any newly organized society or institution that is in the public eye is on trial until it has proven its right to exist. American athletics have not been recently organized, but intercollegiate and interscholastic athletics as now conducted may be considered as comparatively new and these athletics are still more or less on trial.

The Journal believes that throughout the country satisfactory progress is being made in the administration of athletics in the educational institutions and that one of the reasons why certain criticisms are made against athletics is that the coaches and directors have not taken the time to give full publicity to the facts pertaining to the different branches of the physical education program. On the other hand the administration of athletics should be steadily improved. The criticisms that are most commonly made against school and college athletics are the following:

The few star athletes are over-developed and the other students are neglected, it is charged. In some institutions it is true that no thought is given to the men who do not come out for the teams. If a man is employed solely to instruct the athletic teams he should not be blamed if he does not look after the health examinations of all of the students or conduct the classes in calisthenics. The Latin teacher is not held responsible for instruction in the other languages. If a man, however, is entrusted with the task of directing a department of physical education and he devotes all of his time to coaching the varsity teams, he will not have rendered the greatest possible service. It is granted that in far too many instances the director's success will be determined by the number of games won or lost and that consequently the man on the job is tempted to specialize on the phase of his work that counts the most in the minds of his employers. The director who looks at this thing unselfishly and is imbued with the idea of serving others, however, will do what he can for all of the students. It is to be hoped that some day physical education will be required of all of the students throughout the four years in high school and four years in college.

A great many people are still of the opinion that the men who excel in athletics are by their training and striving for victory injured physically. The studies that have been conducted by many authorities do not bear out these assumptions. Of course, there are exceptions and now and then a coach is found who has violated the recognized rules of training and his men as a result have not received the benefit from their athletic training that they should have received and, indeed, some few may have received injuries of one sort or another that will prove a handicap in later life. The Journal has previously presented the results of studies which have been made that

tend to show that the number of men permanently injured in athletics is comparatively small and will not repeat the figures at this time.

Furthermore, it is frequently stated that the school and college athletes do not graduate with as high scholastic honors as do some others. While it is true that in most institutions the athletes as a class rank as high scholastically as other groups picked at random, yet it is also possibly true that the highest honors in scholarship are more often won by the men and women who have specialized in their efforts to secure high grades, than by the athletes whose activities are more diversified. If the sole purpose of the school or college man should be that of achieving success scholastically, then the administrative heads err in considering the aesthetic, physical and moral equipment of the youth as of consequence. The Journal believes that the man who has had the broader training in school is more sure to succeed in his life's work than the one who has had training only along one line.

One of the objections to athletics that has been raised most recently is that people have a false sense of values; that they should evince more interest in art, literature and science and not so much interest in athletic sports. We are rather apt to believe that everybody should be interested in the things in which we are especially interested and if they are not, then we are prone to condemn the thing that interests them, but not us. We must all agree that there should be a limit to the number of games on the football and basketball schedules and that the members of the teams should be required to carry satisfactorily a full schedule of scholastic work, but the various schemes that are proposed for the purpose of making athletics less popular are not idealistic, they are foolish.

Athletics are becoming highly commercialized, it is frequently stated these days. Commercialization to some, means that large crowds pay admission to the games. To others it means that in some sections the line is not properly drawn between professional and amateur athletics. Those who have the proper appreciation of the objectives of athletics must hold to the opinion that more can be accomplished in training for citizenship if the men who play are impelled by the underlying principles of the game rather than by mercenary motives. As regards recruiting, a distinction should be made between legitimate efforts put forth to encourage a boy to secure an education and attempts made to hire him to play on a college team. There is not near so much recruiting of the latter mentioned variety as is commonly believed exists. However, there are still a few colleges where in one manner or another, financial inducements are given promising athletes to secure their services on the team. If this is right for these colleges it is all right for all, but it can be easily seen what the result would be if all of the colleges hired their players and the high school boys sold themselves to the highest bidder. The advantage gained by the colleges that follow this practice lies in the fact that their competitors do not secure their players in the same manner. This means that eventually the colleges that do not hire their players will not schedule games with those that do and so today there are only a few outlaw colleges. The coaches who believe in the work they are doing and are concerned with the future of the game may well inquire whether they deserve the criticism that is levelled against athletics.

DEAN BROWNELL IN ACTION

Will Dean Brownell, of the University of Illinois, first showed his class in the 1923 Drake Relays when he vaulted 12 feet and 10 inches. Later in the 1923 Conference Outdoor Meet he established an American Collegiate record of 13 feet 2 inches. This year he seems to be better even than he was in 1923. He vaulted 12 feet 10 $\frac{5}{8}$ inches at the Illinois Indoor Relay Carnival and established a world's indoor record by vaulting 13 feet $\frac{3}{8}$ inches in the Conference Indoor Meet in March.

Illustration 1 shows how Brownell holds the pole at the moment of starting his run. Illustration 2 shows him half way in



Underwood & Underwood

ILLUSTRATION NO. 1

his run to the take-off. In Illustration 3 note the pole has been slid into the planting pit and the left hand is being shifted. Illustration 4 shows Brownell at the moment of starting the pendulum



Underwood & Underwood

ILLUSTRATION NO. 2



Underwood & Underwood

ILLUSTRATION NO. 3

swing. A plumb line dropped from his hands would run straight down his body. This shows that he has neither lunged for his take-off nor run too far. In Illustration 5 note that his hands are above the cross bar. This is because the picture was taken at a comparatively low height. He takes the same grip on the pole whether vaulting ten or twelve feet. In Illustration 6 it will be noted that his hold on the pole was lower than the bar. Note the arch of the



Underwood & Underwood

ILLUSTRATION NO. 4

body in clearing the bar. That he has perfect control of his body is evident from this picture.

Pole vaulters should learn to land in the pit on their toes and with their legs bended at the knees. If a man jumps from any considerable height and lands with his knees locked he is very apt to sprain a knee.

Saturday, April 19th, Brownell won the pole vault in the Illinois-California dual meet at 12 feet 4 inches; McKown of Emporia Normal won the vault at



Underwood & Underwood

ILLUSTRATION NO. 5

the Kansas Relays at 13 feet $\frac{1}{2}$ inch and Brooker of Michigan won first in the Ohio Relays at 12 feet $3\frac{1}{2}$ inches.



ILLUSTRATION NO. 6

ORGANIZATION AND ADMINISTRATION

BY

JOHN L. GRIFFITH

Games Records

Many coaches have, upon entering a new position, found that no records of previous years had been kept. These men would no doubt have found much of value to themselves and the school had they been permitted to study complete accounts of the games of previous years. The reasons why reports of all games should be made a matter of record are so apparent that no attempt will here be made to mention them.

How Kept

A complete history of each sport may be kept in a separate book; for instance, a record for the 1923 season of football might be kept in a book which contained only material devoted to the football season. This means that each year a number of books would be filed away with the records of the various sports.

For many reasons, however, it is more convenient to compile a record of the year in athletics and to include in such a record the history of all of the activities of the department. Such a record may be written into a book that is of convenient size for a library. This book should be well bound and have a strong cover. The use of loose leaf record blanks, however, is recommended where the cost of printing and binding the blanks is not considered prohibitive.

What the Blanks Should Contain

A complete report of a football game should contain the terms of the financial contract, a statement of the attendance, a list of the officials, the lineup, an account of the expenses of the trip and

miscellaneous items such as the condition of the weather and recommendations for another year.

Where blanks are printed in complete form it is desirable that there should be special forms for football, basketball, baseball and miscellaneous sports. The University of Illinois has an elaborate system of blanks for the manager's reports. These blanks are filled in after each contest and at the end of the school year are bound for a permanent record. The first page of the four leaf folder is the same for all of the blanks, the second page for the basketball and football records are reproduced. The second page of the baseball blank is an official baseball score sheet. The third page is left blank for a financial statement of trip expenses and the fourth page is for the program, clippings, etc.

It is not a matter of much consequence what kind of a blank is used, however, just so long as the essential items are recorded. There are a great many things which might be included in a system of reports but it is usually well to make the record blanks as brief as possible and still include all of the items that should be included.

A director should remember that the institution in which he is employed will probably be maintaining an athletic department one hundred years from now and that the people of that time will be interested in knowing what was done in our time. Further, he will be surprised to find how often he will refer to his record books himself in the course of a year.

THE UNIVERSITY OF ILLINOIS ATHLETIC ASSOCIATION

MANAGER'S REPORT

ILLINOIS vs.

Event

Date of Contest

Where Played

Official Score: ILLINOIS

Time of Game or Meet

Attendance

Financial Contract

Officials—1

2

3

4

Accidents or Injuries

REMARKS (Arrangements, Weather, Finances, Sportsmanship, Protests, Etc.)

Signature.....
Manager

The actual size of the blank forms is 8½ by 11 inches

FOOTBALL

RECORD OF CONTESTANTS

Name and class	Position played	Time played	Points scored	Remarks

SUMMARY

--

BASKETBALL

	First Half	Running Score	Second Half	Running Score
<input type="checkbox"/>				
R.F. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
L.F. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
C. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
R.G. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
L.G. _____				
<input type="checkbox"/>				

Score by halves.....
 Field Goals.....Free Throws.....Fouls P.....T.....
 1st half 2nd half
 Time Out ☐☐ ☐☐ FINAL SCORE.....

	First Half	Running Score	Second Half	Running Score
<input type="checkbox"/>				
L.G. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
R.G. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
C. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
L.F. _____				
<input type="checkbox"/>				

<input type="checkbox"/>				
R.F. _____				
<input type="checkbox"/>				

Score by halves.....
 Field Goals.....Free Throws.....Fouls P.....T.....
 1st half 2nd half
 Time Out ☐☐ ☐☐ FINAL SCORE.....
 Place.....Date.....Referee.....Umpire.....
 Timers.....Scorers.....

HOW TO PLAY SHORTSTOP

BY

LIEUT. JIMMY HOGAN, U. S. A.

Now stationed at the Army Post in Hawaii. Has played football, basketball and baseball at Villa Nova College. In 1914 he signed a contract with the Philadelphia National League Ball Club. Later on he played with Brooklyn with the Federal League and then later with Providence and Toronto in the International League. He served during the war as an officer in the artillery and after the armistice was stationed at Fortress Monroe as athletic officer. He was one of a selected group of officers that attended a special physical and bayonet school established by the General Staff at the Infantry School of Arms in September, 1919.—EDITOR'S NOTE.



IT would be presumptuous for a man to consider himself as an authority on the playing of any particular position on a baseball club, and especially the difficult position of shortstop. I do not consider myself an authority on this matter which requires more practice and experience, than almost anything else in baseball. Due, however, to a request of the Editor that I write an article "How to Play Shortstop", I shall attempt to enlighten those who are interested on some of the important points of playing shortstop.

The very best thing that I know which will enable the ambitious ball player to perform successfully at shortstop is to adopt the style and play of one individual ball player, and follow it conscientiously. If this is done, there is no doubt in the mind of the writer, but that the young ball player will enhance his chances for success. For instance, the writer attempted to adopt the style of the great Mike Doolan, who performed in the National League for years, as the greatest shortstop of all times. At present, there are other famous shortstops, whose style of play may be adopted. There are for instance

Bancroft, formerly of the New York Giants, Scott, of the New York Yankees, Gerber of the St. Louis Browns and any number of other big league stars, whose style is very easy to adopt. This is merely a suggestion, which, if followed, will assist a shortstop to do the best thing possible to make himself a success. "See the best there is at that position" and then go to it.

Further, I would suggest the following:

First—The man that plays shortstop should not be a large thickly set man, but one that is supple, fast on his feet, a quick thinker, always alert, and one who can throw from any position in which he fields the ball.

Second—A shortstop should learn to study signs, and at least, be familiar with those of his catcher. This will enable him to know what his pitcher is going to throw, and then to shift accordingly. Signs with his second baseman will cause him to avoid a collision at second base. The combination working around the keystone sack should be the smoothest combination on the ball club. Without this combination properly functioning, a championship club can never be developed.

Third—A shortstop should study the hitters. He should know to which field they hit, and then shift slightly in that direc-

tion, but in such a manner that it will not cause any suspicion on the part of the hitter. It is advisable for him to make this shift, while the pitcher is winding up, otherwise he might tip off the hitter.

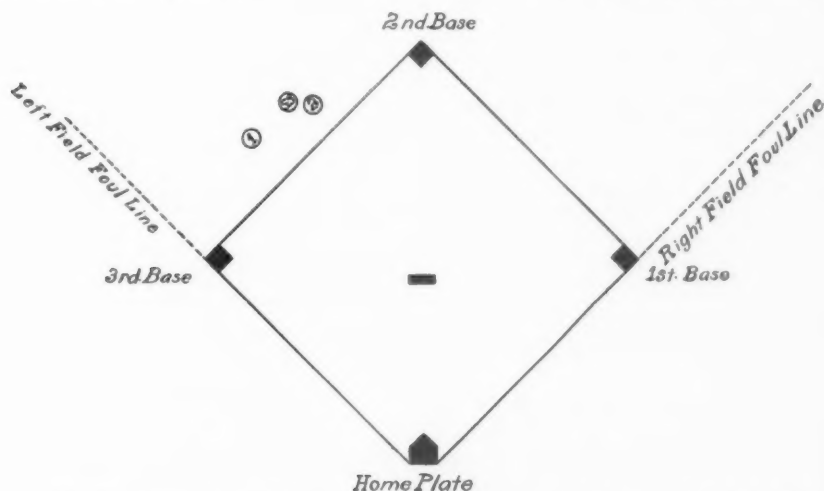
Fourth—A shortstop should not play too far away from second base, when he expects to take a throw. In fact, he should move a couple of steps toward second base, being careful not to leave his position until after the ball has been hit. If he does, the hitter is likely to hit through the shortstop's position.

Fifth—In touching the runner, the shortstop should allow him half of the base. To accomplish this he should straddle the bag, making sure that his foot is not in the way of the base runner. He should never go after the runner with the ball, but let him slide into it. Of course, if he over-slides second base, it is up to the shortstop to go after him. It is in this particular case that the

shortstop should be alert. Many a poor play is turned into a good one, by watching the base runner immediately after his slide.

Sixth—The shortstop must always be on the alert for slow hit balls to the right of the pitcher which cannot be handled by either the pitcher or the third baseman, and he should also watch for balls hit through the pitcher's box that cannot be handled by the pitcher. This is the occasion whereby a shortstop can show his speed and alertness. He must come in fast on these balls and get rid of them almost simultaneously with the fielding of the ball. Plays of this nature and not necessarily plays of the one hand variety are considered good plays by managers and coaches.

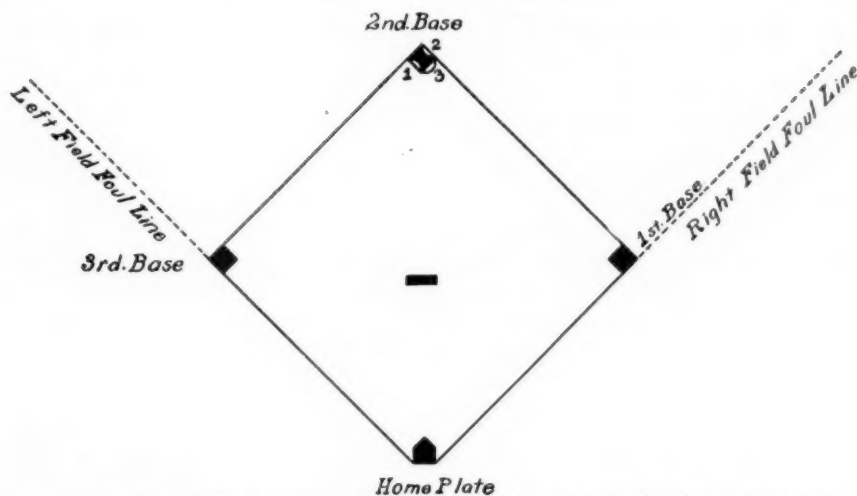
Seventh—A shortstop should always understand his left fielder, who is more or less inclined to come in toward the infield on a fly ball, that is just beyond the shortstop's regular position. Many



SS—This shows the regular position of the shortstop. He is about 15 feet back of the base path and slightly to the right of the center of the base path.

1. This diagram shows the position of the shortstop after he has shifted. He should shift while the pitcher is winding up. He is 8 to 10 feet to the right and parallel to the base path. The batter hits to the left field.

2. When the shortstop expects to take a throw or there is a right field hitter at the bat the shortstop shifts 7 to 8 feet to his left.



1 & 2. This shows the position of the shortstop's feet when he is taking a throw from the catcher.

3. The ball will be at the spot marked 3 when the shortstop is attempting to touch the runner.

Note.—Since the runner must come to the base to be entitled to possession of it there is no way for him to accomplish this and at the same time to avoid being touched by the player who holds the ball.

short hits over shortstop can be avoided, if the shortstop and left fielder will get together and work out a system as to how far each fielder will come in or go out. If this is done, it will avoid a collision, which, if it happens often enough will cause both fielders to field their position timidly.

Eighth—The best way to catch a fly ball is for the shortstop to keep his eyes on it as much as possible, otherwise he will lose it. If he takes his eye off the ball and then locates it the second time, considerable time will have been lost and this invariably causes a misplay.

As a summary, the writer wishes to enumerate a few facts which have helped him in playing shortstop.

1. Always watch the ball. Don't take your eyes off the ball to see what the runner is doing.

2. Don't try to get rid of the ball before you have fielded it cleanly. If you do, it will cause you to make a misplay.

3. When you have fielded the ball, get rid of it fast. You are

playing shortstop and generally have a long throw to make.

4. Make up your mind what you are going to do with the ball IF it is hit to you. Have your mind made up, as to what you will do with the ball before any play occurs at all. This will cause you to avoid what is commonly called "a bone".

5. In the event you have a chance to make a double play, be sure that you get at least one of the runners. This is done by making a good throw to the second baseman, enabling him to get rid of the ball fast. If you cause a misplay upon your throw you have ruined the chances for a double play. Don't get excited—get accurate.

6. When practicing have someone hit balls to your right, to your left, slow balls through the pitcher's box, and even though you have difficulty in fielding them—continue to try them—that is your weakness, and you should endeavor to correct this fault.

(Continued on page 44)

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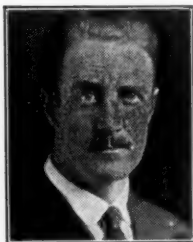
REGISTRAR, NOTRE DAME UNIVERSITY
NOTRE DAME, IND.

HOW ILLINOIS GUARDS THE HEALTH OF HER STUDENTS

BY

GEORGE T. STAFFORD

Mr. Stafford has written a series of articles for the Athletic Journal, the first of which appeared in the May, 1923, issue under the subject of The Physical Director or Coach in the Field of the Physical Subnormal. Subsequent articles have dealt with the following subjects: Body Mechanics, Weak Feet, Constipation, Hernia, Athletic Injuries and Specific Injuries. Mr. Stafford is Assistant Professor of Orthopedics and Physical Diagnosis, University of Illinois.—EDITOR'S NOTE.



A complete education is now recognized as such only when the body is given attention on a par with the mind. Each year at Illinois a large majority of

the more than two thousand Freshmen are initiated into the mysteries of "Health Examinations." Many students, coming from high schools where health examinations are unknown, are here given a thorough medical and physical examination. More and more this number, who have not had a previous medical or health examination, grows smaller. It is hoped that in the near future there will be no entering Freshmen who have not had a previous health examination. "Have a Health Examination on your birthday" is the watchword of preventive medicine and this with various other health stimuli finds the average person more receptive to examinations than heretofore.

The health examination at Illinois is given by the Health Service Department of the University for the purposes of:

1. Detecting any departures from normal health and providing a record for the careful follow-up work on each case.
2. Preventing a student from

engaging in physical activity which might be injurious to his health.

3. Regulating the number of hours a pupil may carry so as not to injure his health by overstrain, mentally or physically.

4. Providing a record of orthopedic defects which are treated by the Department of Corrective Gymnastics.

5. Detecting any communicable disease, thus protecting the student body and the community as a whole.

The findings from year to year do not differ materially only as far as the personal equation of the examiner may affect the total. Heart cases, kidney conditions, hernias, etc., run about the same in number from year to year. Orthopedic examinations run much higher for functional figures than for clinical figures. For example, a boy might have a normal appearing arch and clinically he would not be classed as having a foot condition. However, if he persistently stands and walks with his feet pronated, he would be classed as having a functional foot condition. The aim of the functional examination is to detect the mechanical errors before distinct clinical manifestations develop.

The personnel needed for the examination of a large group of men is in proportion to the time spent on examining the group,

the thoroughness of the examination and the number examined.

(a) Time. As a rule two to three days should be allowed before registration so that all who are to be examined may be examined before the semester begins. Of course it is usually necessary to set aside the second Saturday in the semester for late comers, but the bulk should be examined before school opens.

(b) Time spent or thoroughness of each examination. To say a person has been examined should mean a thorough examination. Anything outside of this should be classed as "Inspection."

Q. Should an umpire call a foul on a team for encroaching on the neutral zone?

A. The rule book gives the headlines on jurisdiction in this case but officials generally agree to report any foul that comes to their attention to the referee.



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GEORGE HUFF, Director
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An inspection is simply a hasty "going over" of the one examined and should not be resorted to unless funds and time are absolutely prohibitive. Health is one of our biggest assets in life and a thorough examination is needed to detect insidious departures from the normal.

(c) One doctor can examine one man in thirty to forty-five minutes. For an eight hour examining day one doctor may examine sixteen men. Multiplying the number of doctors, fifty doctors could examine eight hundred men. Substituting trained clerks for all clerical work and measurements, an examination of two thousand men could be made in three days by having specialists for the various parts of the body. Three eye, ear, nose and throat specialists, three dentists, three heart and lung specialists, two surgical, two orthopedists, and three chemists would form an efficient team to take care of the entire group of men examined. The health officer would have general supervision.

The method of procedure would be as follows: Special rooms should be provided for each department as listed above. The heart and lung room should be the quietest room in the building. A definite routine of procedure would allow for the handling of "Histories" by the clerks and then the men should be started in regular formation through the various channels. Arrows should be used to direct the persons from room to room and the clerk who records the findings should direct the one examined toward his next examiner.

A card is carried by the one examined and is finally surrendered at the last station where a specimen of urine is given. The specimen is taken by its owner

to the last clerk who checks the man's card to see that he has been through all rooms and only then is the examinee free to dress and leave the building.

Immediately after the examinations for the first day are completed, the cards are checked, a list of orthopedic cases and findings, heart cases, etc., sent to the department of corrective gymnastics and follow-up work is planned for these cases. After the third day's examination, all cards are checked and all cases which show departures from normal are called in and treated or advised. The back of the card is used to record all follow-up work. Any indisposition on the part of the student which causes him to seek medical aid at the Health service station is recorded on the back of his original card.

The Health Examination as outlined above conforms to the essential requirements of a thorough examination, the follow-up work is thorough and with a perfect coordination between the Department of Physical Education and the Health Service, and the students' health is carefully guarded while his regular college course is being pursued.

The requirement that all Freshmen shall pass a very thorough and practical course in Hygiene is only another example of the importance of health as recognized at the University of Illinois.

Question. In case of a question relating to the eligibility of a competitor in a track and field meet is the referee the final authority?

Answer. No. The games committee on the organization that manages the meet decides matters of eligibility. The referee in a track meet is responsible only for the conduct of the meet.

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The Registrar, Iowa City, Iowa

The Daily Illini, which is the student publication of the University of Illinois, recently ran the following editorial. It is significant that our students have taken a stand not only at Illinois but elsewhere for the upholding of the principle of respect for law.

For Clean Sportsmanship

"Clean sportsmanship and a healthy respect for rules under which Big Ten teams are governed were never given a heartier boost than in the resolution adopted by the Tribe of Illini Thursday night to deprive of their Varsity letters University athletes who violate western conference anti-professional rulings. The resolution, recommended to the Athletic Board of Control, would also erase from the Tribe's membership any athlete found guilty of violating the professional ruling.

Resentment has at times been heated when Big Ten athletes have been barred for professionalism on the eve of an important game. Charges and countercharges have been hurled between colleges, usually by parties without authority who spoke with all the vehemence of authority. Thus, although the University athletic officials have been in perfect agreement on the ban, bad blood has been engendered between schools.

Whether or not our sympathies are with the athlete who is prevented from earning a more comfortable livelihood during vacation periods through the exercise of his athletic prowess, respect for law and order, we agree, are of primary importance. So long as the Big Ten officials think it best to have such a ruling, and so long as the coaches and athletic directors have accepted and agreed to uphold such a ruling, it should be observed.



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THE VALUE OF COMPETITION

BY

JOHN L. GRIFFITH

A great many people are disturbed these days over the development of the principle of competition. They feel that the over-development of the competitive idea among nations ultimately results in war; that competition among business men leads to corrupt practices and that the evils in athletics are due to the keen competition that is the life of games and sports. According to the philosophy of these men, individuals can not be expected to strive honestly and honorably for success when a large prize is at stake. If the competition is limited and the prize of little consequence, then men will not be tempted to violate the code in the struggle for results. This is a dangerous philosophy as it places a premium on mediocrity and tends to discourage man in his endeavor to put forth his best effort. Perhaps the fault lies in the fact that the idea of competition has not been utilized to its fullest extent. Unlimited competition among nations in the matter of building battleships would inevitably lead to national bankruptcy. On the other hand it is not conceivable that the nations will go to extremes in their attempts to excel in art, literature or in the attainment of athletic ideals. Here, perhaps, is a point in favor of the Olympic Games inasmuch as they provide a medium by means of which the nations of the world may struggle for supremacy in various ways. In the business world where it is recognized that competition is the life of trade, salesmen are not restricted in their endeavors to attain results

greater than those of their business associates or rivals, except by certain codes of ethics, which govern the activities of the representatives of the best firms of America. And so with athletics the athletic coaches must continually insist that athletic competition must be judged by the manner in which the athletics are conducted and the good which is accomplished because of the contests rather than by the fact that men strive for a great prize, that prize being the joy of accomplishment and the satisfaction of having fought a good fight and of having been loyal to an ideal.

The purpose of this article is to suggest that possibly a mistake has been made in not making use of the competitive idea in other ways than at present. For instance, it is pertinent to ask whether this idea of competition could not be carried into the class room and some method devised whereby a class in mathematics in one school might compete with a class in mathematics in a neighboring school. It has been shown that competition is of value in stimulating workmen in the industries. For instance, V. K. Brown, Superintendent of Playgrounds and Sports of the South Park Commissioners of Chicago, reports that at a certain nitrate plant riveters averaged 172 rivets a day. After competition was introduced the winning gang of riveters brought the average up to 1380 rivets per day per man. He further reports that carpenters reduced labor costs from \$182 per cottage, in a series of uniform temporary cottages for workers' families, to a unit cost of \$41 and

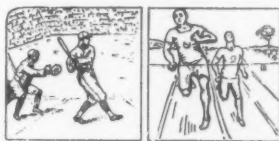
that teamsters who previously averaged three and a half loads of dirt per day averaged for forty-two consecutive days in the heat of the summer seventeen loads per day.

Mr. Brown has had marked success in developing competition in sportsmanship and reliability on the part of athletes as well as in the matter of winning games. For instance, in the Grammar School League which consists of the Chicago Public Grammar Schools and Parochial Schools in the South Park District, the merit system of scoring is on the following basis:

Sportsmanship60 points
Reliability10 points
Winning30 points

Sportsmanship to include: (1) Fouls and infractions of the rules, charged to a team; (2) prompt acceptance of the official's decisions; (3) language and conduct of players during the contest; (4) conduct of spectators and partisans of a team during the game; (5) conduct of team and followers, to and from the game.

Reliability to include: (1) Promptly appearing for play at scheduled hour and date; (2) faithfully carrying out all rules as to eligibility; (3) captain's having line-up ready for scorers (this



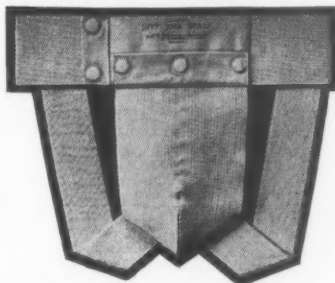
Jiffy Jock Strap

The New Idea

For your baseball team, investigate this New Idea in Jock Straps for athletes. Managers of prominent teams and Athletic Directors of leading Colleges furnished suggestions which enabled Johnson & Johnson to perfect it. The Jiffy Jock Strap is preferred because of its ease of adjustment and the safety its support affords to players.

A wide waistband slips around the waist and is fastened by double snaps. The pouch is held by three strong snap fasteners and holds the parts without annoying pressure. All-elastic construction permits absolute freedom of motion, and its correct design prevents chafing.

If your Druggist does not have the Jiffy Jock Strap, send us his name and you will be supplied.



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Keep an up-to-date Record of your training in our files and we will work unceasingly in your behalf.

Every Progressive

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Should register with us at once. If you do not have a position worthy of your experience consult us.



When in need of a teacher or a coach write to us. We can increase your range of choice and also save you time and trouble.

SUPERINTENDENTS
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Report your vacancies to us. We are at all times in touch with well qualified specialists.

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1924



Antiphlogistine
TRADE MARK

will be there, too, as it has been at all prominent athletic events for the past thirty years.

Our interesting book on "Athletic Injuries and Their Treatment" will be sent, all charges paid, upon receipt of your request.

THE
**DENVER CHEMICAL
MFG. CO.**

20 Grand Street
NEW YORK CITY

rule is to punish trickery of any kind).

The team that wins will be credited with thirty points.

Next fall in the Western Conference or Big Ten Conference an attempt will be made to extend the idea of competition so that it will include excellency in sportsmanship. It is a well-known fact that the sportsmanship of some teams and some student bodies is superior to that of other teams and other student bodies. This, however, is due entirely to education or the lack thereof. Children are not good sports. They must learn the lessons of sportsmanship. Some men have grown up without learning these lessons and in some institutions the education of the athletes, the students and townspeople has been neglected. Today a coach is expected not only to win games, but to teach sportsmanship in such a way that it influences the actions and words of his constituents. After each football game to be played next fall it is proposed that a rating will be given of the sportsmanship of the teams and crowds and at the end of the season the averages will be computed and published.

It is quite likely that there will be some who will object that the carrying out of this plan will ultimately result in taking the fight out of athletics. This is an old idea that was commonly held regarding athletic competitions a decade ago. In those days all boxing matches were billed as grudge fights; football teams were taught to hate their opponents and rival teams were bitter enemies on the field. Today it is recognized that boxers who are good friends fight just as hard when matched and brought to-

gether in the ring as do men who hate each other, and that football players play just as hard if they consider their opponents as friendly rivals rather than bitter enemies. There is no danger that American school and college athletics will become emasculated and it is predicted that those who are fearful that the development of sportsmanship may feminize our athletics will be the most ardent supporters of the plan for the development of competition in sportsmanship after this plan has been given a thorough trial.

This Coming Season Use the
BARRON
TRACK AND FIELD SCORE BOOK
Indoor Carnivals, Dual and Outdoor Meets.
A detailed report for a squad of 75 men.
IN USE BY THE LEADING COLLEGES
The Only One On The Market.
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Pat Applied for

Kidney pad-Elastic
with white felt and
fiber protection - fits
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Hip pads-white felt
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Thigh pads (Pat Applied for)
conforms to thigh.
5 piece fiber - saves
Charles Horse-Held to
thigh with 3 in. elastic
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for hard or muddy
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Overseize in should-
ers to fit over pad.

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Reinforced with
felt and fiber.

Rawlings N°SRX
Official Intercollegiate
foot ball, official for all
games.

High crotch leather
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Leather reinforced
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Rawlings patented N°O
Football pants - Light
weight - form fitting
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Patented Feb. 14, 1922
Notre Dame legs
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Water repellent army
duck - 5 egg green
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It will pay you to
insist on goods
bearing our trade
mark.

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Serviceable, Durable, Dependable

Put them through the hardest work-out; test them in grilling competitive games—you coaches know that Rawlings Quality Uniforms will stand up under the wear and tear. All of Rawlings Athletic Equipment is fashioned with the same careful workmanship, superior materials, and excellent finish. For, Rawlings products are approved and used by leading coaches and athletic directors everywhere. Give your football, basketball and baseball squads the right to be confident in their equipment. It's a positive factor toward winning games. Give them, too, the protection that is an outstanding feature of Rawlings Goods.

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BRANCH OFFICES

259 Fifth Ave., New York

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LUCK IN ATHLETICS

By John M. Harmon

Mr. Harmon was graduated from McKendree College Academy and from Missouri Wesleyan University. He won three letters in each of three sports at Wesleyan. He has coached at Central Wesleyan, Warrenton, Missouri and at Evansville College, Evansville, Indiana. He is now Director of Athletics at Evansville.—Editor's Note.



Is football or basketball a game of chance? If one who had never seen either game should hear the conversation of many coaches when discussing their games, I am sure that one might come to the conclusion that the winning of football and basketball games depends on luck. Ten years ago I heard Branch Rickey say, "There is no such thing as luck." That thought has remained with me, and since I have had a few years' experience as a coach, I believe I know why Mr. Rickey said that. Consequently, I am not able to console myself after losing a game, by the "hard luck" alibi. I thoroughly believe that there is no such thing as luck in athletics. The term, no doubt, is used more in the coaching profession than in any other, when in fact there is a real scientific reason for every game being won or lost.

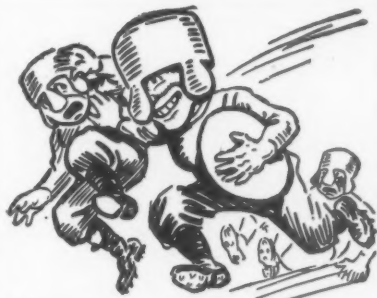
If we were flipping pennies for money we certainly would consider it a game of chance, or possibly luck, but we should not, because the law of average will govern the number of times that heads will turn up, which will be approximately one-half the time. We do not need to flip the penny a thousand times to prove that; but the greater number of times the coin is flipped, the nearer the fifty-fifty per cent you will remain. The same law of average will apply in any game of chance. I do not wish to

suggest professional gambling to anyone and I have had no experience in that line myself; however, I would have you see that even in flipping pennies there is a scientific law which governs the number of times you may expect heads to appear upon a certain occasion. This same principle will be found applicable to coaching also, if you will keep a record from day to day and yet who of you would compare your chances in flipping pennies with your chances in coaching.

I shall never forget an annual Thanksgiving football game in which I took part along by the side of one of the best drop-kickers I have ever known. We felt that the twenty-yard line was our goal with that man in the lineup; consequently we weakened near that place on the field and six times gave our drop-kicker a chance to win the game, sometimes even much nearer, and every time the ball went astray although his first eighteen attempts of the season, in games, were perfect. When the game was over the score was seven-seven, although our team had made twenty-one first downs to our opponents' two. The big cry was "hard luck." That day I might not have had the courage to say, "there is no such thing as luck," although I could not understand the results other than the psychology of the team in depending upon a drop-kick as we were accustomed to in close games, therefore weakening when held upon the first down near the goal. One year later the man with the "educated toe," as it was broadly advertised, con-

fessed that two hours before that game he enjoyed a delicious Thanksgiving turkey dinner. As there are scientific reasons why athletes should train, that was a sufficient scientific reason why we should have failed in that particular game.

Among the many requirements necessary to be a successful coach, one must be a student of psychology. This will often help to locate the real reason for defeat, and therefore help to build a better team for the next game. Team psychology is a big subject in itself and one that must not be slighted by the coach. Probably more football games are called "hard luck" games because of being won and lost on a fumble than for any other reason and yet the coach may have emphasized hitting the line hard, tackling, blocking, etc., neglecting ever to talk of the danger of fumbling, although he may have earlier in the season taught the backs the proper way to



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Baseball



CORNELL
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PENNSYLVANIA
CORNELL FIELD
APR. 21 3:30 P.M. ADM. \$1

**SEND FOR FREE
ILLUSTRATED
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**BASEBALL - FOOTBALL
BASKETBALL - TRACK**

Make this season a success You can do it with these posters

The season isn't over until the last game is won. Neither is it over from a financial standpoint until the last bill is paid.

Both finishes are important, and modern, high-class poster advertising will help you accomplish them. Posters will bring enthusiastic rooters to put the winning spirit in your team and extra dollars in your cash box. These beautiful posters will do the work for you. They are drawn by one of the country's foremost artists and there is punch and action in every line of them. They stop you, make you read, make you want to see the game.

Put them up in windows, tack them on fences, etc., in your own and nearby towns. They can be seen and read at a considerable distance and furnish the strongest and best type of advertising that you could possibly employ.

We furnish them to you completely printed with the exception of names of teams, date, place, etc., which you have imprinted by your local printer as indicated in the miniature example printed here.

Our series of posters is printed in bright, snappy colors on heavy four-ply, cardboard, size 14x22 inches.

Plenty of space is allowed on each poster for inserting names, dates, place, price of admission, etc.

We offer a selection of designs in various colors. These are furnished in lots of between 100 and 1,000 or more in any combination of designs illustrated in our circular.

SEND FOR TRIAL ORDER—an assortment of 100 Baseball Posters at \$11.80 C. O. D.—all prices F. O. B. Chicago. Deduct 2% discount for cash with order, certified check or money order.

We guarantee to make shipment within one day of receipt of order.

General Poster Service Co.

230 EAST OHIO STREET

CHICAGO, ILLINOIS

carry the ball. Such is the psychology of which I speak, and such are the reasons, of which the public is not aware, for "hard luck" games.

Early in my coaching experience I remember that after a certain basketball game I was thinking of the fact that many times during the game I observed that my team did not revert from the offense to the defense as quickly as they should; therefore I spent a lot of time the following week talking upon that point. In the game at the close of that week they went to the other extreme, which resulted in their passing up a lot of shots they might have had in keeping the ball in our end of the court, while our opponents were getting a large number of shots over our defense, making a small percent of them, yet enough to win in a close game. Our supporters thought our opponents were "mighty lucky." I did not tell them then that there is no such thing as luck in athletics.

The coach should not be consoled by his friends' and supporters' tempting words of "hard luck," but for every defeat he should establish in his own mind the scientific reason for it. It may not always be possible to locate it, as was the case upon that Thanksgiving day of which I speak, but the reason was there. The coach should do his best to locate it and if the material is even near the equal mark, no doubt the reason is in his coaching methods. In talking to the coaching school at the University of Illinois in 1921, Mr. Huff said, "You may be a genius, or you may be a hard worker, but in either case you will succeed as a coach." If a coach is not winning half of his games he should look his material over, then look himself over and see if he is utilizing all of his men's ability. Possibly it is the coach that is not working hard enough.

Luck is a lazy man's estimate of

a hard worker's success. That is the only definition I know and that is not the meaning in which we conscientiously use it; therefore, I contend that there is no such thing as luck in athletics but rather a scientific reason for every success and failure. A coach should locate that reason upon the occasion of every game and become a better coach.

Some Recent Editorials

A new plan for awarding letters is suggested in the editorial "State Letters" taken from the Lake Charles, Louisiana, Press. Here is an idea that the officers of the various State High School Athletic Associations might well consider.

"State Letters"

"A novel system of rewarding scholastic merit has been evolved in Missouri, where a "State Letter," corresponding to a college letter in athletics, is awarded by that state's board of education.

The "M" is awarded students who have perfect health, stand high in scholarship, show qualities of sportsmanship and who take part successfully in athletics. Athletics count 300 points in tabulating the standards, while each of the other fields of endeavor count but 100 points. Two hundred points may be gained in ways not specifically mentioned.

The incentive of that student to wear the letter of his state should make the award a success. Carrying as it does more of prestige than the mere wearing of a high school letter and representing a far wider range of accomplishment, the goal is one which any boy might well seek to earn."

Ed Smith, the veteran sports writer of the Chicago American, has contributed a great deal to the sports of this country. As an

official himself he is impartial, just and fearless. His words in the editorial taken from his paper which follows should be read by all coaches and athletes.

Unfortunate Is the Judge of Play in All Lines of Sport

"He's the only man in the contest who can see just what is doing, but even when he is honest and self-respecting he gets little support from the howling throng.

There have been recent howls about the judges of play in different lines of sport. Rattling along comes the howling mob which does not like this decision or that one. Then there are the disagreeable elements of one-sidedness and even dishonesty. A famous referee of boxing contests once said a very true thing—accuse a man in public in front of a crowd and apologize to him in the alley in front of nobody. It's true.

Just within a short time one of the best fight referees in the country was accused of making a terrible decision down in Georgia. So later was a widely known and respected football official accused of making a decision that was shown later to be well within the rules. Five men of known integrity who had no financial or other interest in the event outside of the good of the turf were accused of picking the wrong horse in a big race in Louisville.

One of a fair mind cannot subscribe to these things. One should always be WITH the judge of play, no matter what the game may be. To err is human, but judges of play, right on top of what is happening and who are fair, as 99 per cent of them are, seldom err.

Why not be with the judge of play? He can see better than you can because he is on top of the play and generally is honest."

Tell the Fans and Fill your Stands

Base Ball



B7

All Posters
Size
14"x22"

Pryor Press
Real-Action
Posters
Will do it

BASE BALL



B8

TRACK MEET



T5

Ample Imprint Space

Track Meet



T6

9¢
each
assorted
FOB Chicago

USE these perfectly designed posters, printed in three brilliant, striking, colors on strong four-ply white card board, 14x22 in. They are effective, economical and their results are proven. Ample room for imprinting names and dates. Order by name and number any quantity from 50 up—assorted if you desire. Order now—Cash or C. O. D. Immediate delivery.

THE PRYOR PRESS
639 Plymouth Ct., Chicago, Ill.

CHATS WITH COACHES

BY
THE EDITOR

The following article by President W. W. Campbell, President of the University of California, which appeared recently in the San Francisco Journal of Commerce, presents a sane view of college athletics and will be of interest to the coaches and athletic directors. It has been suggested in the Journal several times before this that too many of our educators are misled by the enthusiasm that our students, alumni and townspeople manifest over the college football games. Some seem to feel that if the games were curtailed more enthusiasm would be shown by the students over their class room work. Human nature is not easily made over, but if it is to be made over the results will not be accomplished by abolishing things in which humans now manifest unusual interest.

DR. CAMPBELL ON COLLEGE ATHLETICS

Editor The Journal: "Many people seem to hold the belief that American colleges and universities are devoting too much of their time and their resources to athletics and not enough to scholarship. In some cases this may be true, but in general it does not correspond with the facts, at least in degree. The reason for the existing impression is not far to seek. Athletics contain dramatic elements, whereas scholastic activities are associated with quiet and tranquil living. Newspaper accounts of athletic contests cover many pages every day, and these pages are teeming with photographic

illustrations and large headlines. Scholastic activities, on the contrary, are frequently consigned to an inch or two of space on one of the interior pages. A fine illustration of this principle attracted my attention in today's issue of The Journal, in your article on the successes of a Berkeley boy, Mr. Marion A. Cheek, now a sophomore in Harvard University. I read the article with unusual interest. After devoting a half-column to Mr. Cheek's accomplishments in football, baseball and track events, with the javelin, the shot and the discus, and to his election as class president, you devote six lines at the end of the article to saying that Mr. Cheek "has found time from his athletics and class officer's duties to attain an unusually high grade in his studies, being ranked with the honor men of his class, which include about 50 out of 600."

I know a good deal about Harvard University, and I am confident that the sentiments in the quotation would have been expressed more correctly if you had said that Mr. Cheek "has been able to take time from his studies, in which he ranks with the honor men of his class, to attain an unusually high grade in his athletics and class officer's duties." For many years I have been pleased and interested to know that every day's issue of the Harvard Crimson, the daily newspaper of the Harvard campus, publishes at the head of its column on athletic notices: "Notices of athletic practice do not require or excuse the cutting of classes."

As president of the University of California I have tried to place

Track and Field

The American Olympic Team will be completely equipped by A. G. Spalding & Bros. The same equipment selected by the world's champions is available for every school and college track team.

THE SPALDING OFFICIAL JAVELIN is made of super-selected wood, not too rigid, not too limber.

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THE No. M RUNNING PANTS is a combination of ideas and designs of three of the World's greatest coaches. Full Hips. Wide Legs. Elastic Back.

Sweat Shirts and Pants

All wool, in all colors, made with the new zipper style bottoms. Easy to get on and easy to get off.

Cotton suits for immediate delivery.

Running Shoes

All styles for running, jumping, hurdling.

Spring Foot Ball

Look over your football squad in Spring practice and then look over the football equipment. Check it up and you will have an accurate list of just what you need to buy to equip every candidate that comes out next Fall. Don't wait until next September to order your football supplies—be ready to go when the Season opens. A post card to any Spalding store will bring an experienced equipment man who will show all the features of the most complete line of football equipment ever assembled.

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At last! A perfect keyless combination lock—**The Dudley Keyless Lock**. Locker thefts absolutely eliminated. Works on the same principle as the lock on a high priced safe. Absolutely rust-proof—cannot be picked or forced.

**No Keys To Lose
Locks Like a Safe
64,000 Combinations**

There are over 500,000 Dudley Keyless Locks now in use. Don't worry along with the old, antiquated key lock system. Install the Dudley and insure a perfect locker system.



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Write today for a Dudley Lock for free inspection, together with full details and our special low price to institutions.

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*Made-to-Order or
Ready-to-Wear*

BASEBALLS

BATS

MITTS and GLOVES

*and
Other Athletic Equipment*

WRITE FOR CATALOG

before the students of the university and before the people of California the real facts as they exist in our university, namely: Athletics were made for the university, and not the university for athletics. In this endeavor I have had some assistance from the newspapers of the state, for which I am grateful. I wish the University of California could be outfitted with an abundance of vacant campus land, with several scores of tennis courts, and with other facilities so that every one of its 14,000 students could and would devote an hour or two, on four or five days per week, to outdoor physical exercise of a competitive sort. The real objection to the college athletics of today is that on too many occasions several thousands of the students watch a few students play instead of getting into the games themselves."

Yours faithfully,

W. W. CAMPBELL.

Berkeley, Cal., Feb. 22, 1924.

The editorial under the caption "Sportatorials" taken from the Modesto, California, News refers to the vast amount of advertising that accrues to an institution through its athletics. A word should be said about this matter of advertising because far too many people believe that college student attendance is increased when a college has winning teams. While it is doubtful if there is any definite correlation between winning teams and the attendance figures, many who have not studied this question will take exception to this statement. However, the result of a study that was made along this line will be presented to Journal readers in an early number of the Athletic Journal. In the meantime it would be well to consider

the question of wise and unwise advertising through athletics.

Sportatorials

"Some time ago, the question was raised—is the large part played by athletics in the high schools and colleges of the country really worth while and is it being carried to the extreme, to the exclusion of other activities of the schools and colleges.

In defense of athletic activities, a few important facts may go a long way toward a satisfactory answer to the query. In the first place, the immense good accruing from athletic activities must be considered. By going out for some branch of sport, a tremendous physical development automatically goes to the individual participating, and thus, from the physical side a big benefit is derived. Then, there is a certain something—a push and initiative that exponents of ath-



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Built to last and give continued satisfaction. Send for Catalog "M-30"—Locker Catalog "A-19."

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Six weeks instruction by Kansas Varsity Coaches

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Lawrence, Kansas

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letics acquire, that can be obtained in no other manner.

Another thing, a vast amount of advertising goes to the institution that produces some exceptional records along athletic lines. Many of the leading colleges in the east bear witness to this. But—and here is where the trouble enters—this advertising has been carried to the excess, with the result that athletics in general have come in for a big share of criticism. It is through this misuse of advertising that the great harm has been done, and until this evil is eliminated, college sports will continue to suffer.

If athletics are removed from the colleges, those institutions will suffer. The growth of colleges is greatly aided by athletics, as evidenced by any of the large institutions of the country. In short, athletics are just one branch of the numerous activities that enter into school life, and they go a long way toward contributing the manly virtues for which this nation is noted."

How to Play Shortstop

(Continued from page 24)

7. Try fielding the ball down around third base, and make your throw to third base instead of to the other bases. This play crops out in many games, and unless you have tried this play before, you are apt to throw wild to third base allowing the base runner to score.

8. Many other suggestions may be offered, but the writer wishes to make mention that the shortstop, himself, will find his own ways in which to obtain results. The previous suggestions are merely to assist the prospective shortstop, and are not laid down as ironclad rules.

Requisites of a Good Pitcher

(Continued from page 13)

straight overhand with a delivery similar to the overhand delivery of the fast ball, almost a straight drop curve will result. The pitcher should grip the ball as just described, bring his arm straight overhand and release the ball out in front of the body, allowing it to roll off over the index finger, not off the tips of the fingers as in the fast ball. As the ball is released, the wrist should impart a downward snap to the ball. If the ball is gripped in this way and a sidearm throw is made, an out-curve will result. In the outcurve, the ball goes over the index finger as in the drop, the hand, after giving the snap to the ball as it is released, should swing downward across the body. In both of these curves the thumb can play an important part in seeming to push the ball out of the hand and assist in giving it rotation.

Change of Pace

As said before, every pitcher should have a change of pace, although the majority have not perfected this to a very great degree. Change of pace is used to "cross" the batter. A pitcher can not always deceive the batter but a change of pace will materially assist him in accomplishing this result. First, he should remember that the windup and delivery should be as nearly as possible like that of the fast ball, but that the ball should be greatly slowed up to get the batter off of his balance. The ball should be held the same as for a fast ball but just as the ball is released from the hand the first two fingers should be raised. In doing this, there can not be so much impetus to the ball and it will be greatly slowed up, while in all appearances it resembles a fast ball.

Some pitchers use a knuckle ball when changing pace, but the knuckle ball is hard to control. A good rule that practically always holds good is to keep the change of pace or slow ball low.

It is a good thing for a pitcher who does not know the batting weakness of certain hitters to watch them take their hitting practice. He should notice what balls certain batters hit well and what balls they do not hit so well. This will give him some idea as to what and where to pitch to them in the game. In the absence of a knowledge of the weakness of the batters a few hints are given on how to pitch to batters who have different stances and habits at the plate. When a batter stands far back from the plate the pitcher should keep the ball away from him. He should pitch high outside or low outside. He should pitch in on the handle of a batter who takes a long swing at the ball. This will usually hold true whether he steps in or back. The ball should be pitched inside to a batter who chokes his bat and swings it with a push movement; it should be pitched low and outside to a batter who hits underneath the ball for he will hit it in the air; it should be pitched high to a batter who chops or strikes down at the ball.

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Chats With Coaches

An account of a trying play that took place in the National Basketball Tournament at the University of Chicago as graphically told by the Daily Maroon is herewith reprinted. The boy who is master of himself when a premium is placed on nervous control, poise and the ability to concentrate his characteristics which if properly directed will be of value in after life.

Reno Forward Bags Tie But Mates Falter

"Mob enthusiasm reached white heat last night when Glass, plucky El Reno, Okla., forward sank a free throw after the final gun had sounded which tied the score and gave his team a fighting chance to beat Northwestern High of Detroit. Although the game finally closed with the score 27-23 against the westerners, who had been fighting a losing battle all through the game, she managed to forge ahead during the final quarter by dint of sheer nerve. Then seconds before the close, the score stood 21-20 in favor of Northwestern. Suddenly in the midst of a melee under the Detroit basket, the referee called a foul on Demps of that team. As Glass, the man fouled upon, stood at the mark to toss his free throw, the finish gun went off.

Glass was allowed to try his gratis shot before the game would be officially over. But things looked bad for El Reno. Her men had been missing free tosses rather consistently all evening, and the possibility of registering upon this with the tension as great as it was, and so much depending upon it seemed thin.

The crowd was for the trier, to the man. As his slight figure was seen to tense and prepare on the foul line, a hush spread over the

crowd. A sharp short movement, and the ball rose in the air, described a slow, maddening arc, and dropped cleanly through the hoop.

The house went mad. Amid an ear-splitting din the teammates of the triumphant lad seized him and, half crazed with joy, slapped him, kissed him, and acted completely foolish in their ecstasy as he stood dumbfounded by his success. He had come through. El Reno had her chance.

It was too much. Northeastern's better basketball asserted itself, and a foul by an El Reno man netting the Detroiters two more points cinched things. When the gun sounded, the score stood 27-23, Northeastern.

But the memory of the player who came through when he was needed in a crisis will nevertheless be the high light of this nationwide tourney."

Sprinting

(Continued from page 7)

hands. This throw should be made with enough drive to force the assistant backward. The runner should keep his legs moving as he would to keep from falling on his face if no one were supporting his weight. This stunt should be practiced until the athlete can drive the other back and then he should lay out a course on the grass, put up a finish line about four feet above the ground and then practice the throw without opposition. This should be done slowly at first and then later with more speed. The legs should be kept going hard all the time when the throw is made, otherwise the runner will fall. Further, he should keep his head up as this will also be of value in preventing a fall. The sprinter should remember that he is to throw his upper body and chest at the tape and not to jump at it. It is well to have a tape placed at the finish line for use in

the daily short sprint work as much practice is required to get the timing of the throw just right. However, it will pay the coach to devote considerable time to this matter because it has been my experience that with two men running on even terms three or four feet from the finish, the man using the throw will win.

The following methods have proven of value in teaching sprinters to finish a race with a burst of speed. The coach should mark off a course about fifty yards long on the track. The athlete should then be asked to run for thirty yards at three-quarter speed and to run the last twenty yards at full speed. This same method may be employed in practicing at longer distances than at fifty yards. In any event, the sprinter should run at three-quarter speed until about thirty yards from the finish line and the the runner should make every effort to get higher on his toes and to put more snap into his arm action, especially for the last ten yards. It is sometimes advisable for two hundred and twenty yard sprinters to run the first one hundred and twenty yards at three-quarters speed and then to run the last hundred at full speed, putting especial emphasis on the last thirty yards.

For indoor running where flat shoes are used and starting blocks are not provided, a word may be added in the way of a suggestion relative to starting. In this case the feet should be placed closer together than when the start is on an outdoor track, and a little more weight should be placed on the forward foot and some of the weight taken off the hands. The back foot should be moved closer to the front foot so that the sole of the shoe will be more apt to hold to the floor. The starter should be sure that his front foot is set firmly on the floor and that he can feel his weight on this foot.

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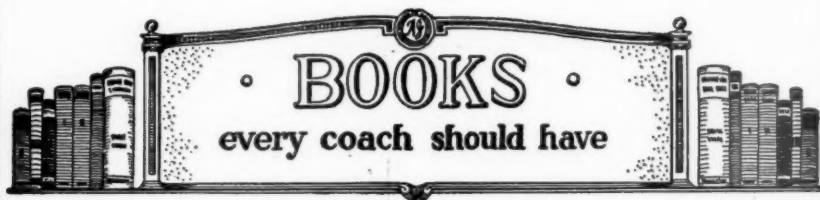
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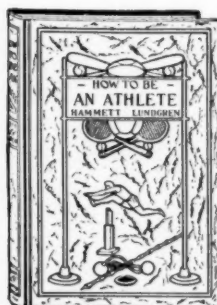
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